

North West Locality Activities for children under 5  
Summer Term Timetable 15 April – 19 July 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meath Gardens	Meath Gardens	Meath Gardens	Meath Gardens	Meath Gardens
9am-5pm Speech and Language Therapy ☹☹ Midwife Clinic – Community Midwife Team U📅☹	9am-2pm Supporting Families Employment Advisor ☹📱	9.30am-1pm 0-19 Appointment Clinics U☒	9am-4.30pm 8-12 Months Health Review U☹	9am-5pm Midwife Clinic – Community Midwife Team U☹
10-11.30am Active Stay and Play U During holidays children under 11 can attend	9am-5pm Midwife Clinic – Gateway Midwife Team ☹☹	9.30am-4pm 8-12 Months Health Review U☹	10-11.30am Play and Connect ☹☒ Discover and Connect ☹☒👤	9.30am-12.30pm Healthy Child Start for Life Clinic U Please drop in to see a Health professional
12.30-2pm Baby Feeding and Wellbeing Service U Drop in for any baby feeding support	10-11.30am Little Talkers 📅☹☒ Holistic Baby Massage ☒ For premature babies	9.30am-4.30pm Healthy Child/Immunisation Clinic U☹	10am-4pm Rooted Finance And Benefits Advice U📱	9.30am-4pm 8-12 Months Health Review U☹
1.30-2.30pm and 2.45-3.45pm Baby Massage U📅📱 Including Starting Solids For all babies pre-walking. Sessions on 20 May and 15 July will focus on Introducing Solids. Baby massage is for four weeks	1-4pm Speech and Language Therapy ☒☹	10-11.30am Play & Connect 📅☹☒ Discover and Connect 📅☹☒👤	10am-12noon Childminders Group U For registered childminders only	10-11.30am Communication Stay and Play U During holidays children under 11 can attend
1.30-3pm and 2.45-3.45pm Baby Massage U📅📱 Including Starting Solids For all babies pre-walking. Sessions on 20 May and 15 July will focus on Introducing Solids. Baby massage is for four weeks	1.30-3pm Learning through Play U	1.30-2.30pm Creative Play with Half Moon Theatre U📱 For ages 18 months – 5 years	1.30-3pm Under 2's Stay and Play U	1.30-3pm Play Together U For children 18 months to 5 years. To help prepare your child for nursery/school. Help and support available to apply for a free nursery place for your 2 year old.
1.30-3pm Parents Forum U📅📱👤 Second and fourth Monday of the month	1.30-3pm Learning through Play U	1.30-2.30pm Creative Play with Half Moon Theatre U📱 For ages 18 months – 5 years	2-3pm Sensory Play for Babies U📅📱 For babies under 12 months	1.30-3pm Play Together U For children 18 months to 5 years. To help prepare your child for nursery/school. Help and support available to apply for a free nursery place for your 2 year old.
4-5pm My Time 1-2-1 Support ☹☹	1.45-3pm Active Stay and Play U📅 Rich Mix	9am-4pm 2-2½ Year Health Review U☒	2-3pm Starting Solids Workshop U📱 For babies under 12 months	1.30-3pm Play Together U For children 18 months to 5 years. To help prepare your child for nursery/school. Help and support available to apply for a free nursery place for your 2 year old.
Mowlem	Mowlem	Mowlem	Mowlem	Mowlem
10-11am Baby Massage U📅☒ Including Starting Solids (last Monday of the month) For pre-crawlers	9.30am-5pm 2-2½ Year Health Review U☒	9-10am School Readiness 📅☹ Various Schools in the North West Locality	4-5.30pm Family Support Stay and Play U📅☒	9.30am-4pm 3-4 Months Health Review U☒
10am-12noon Active Stay and Play with Toyhouse U St Hilda's	10-11.30am Sensory Play for Babies including Starting Solids U For babies under 12 months	9am-4pm 2-2½ Year Health Review U☒	9am-2pm Supporting Families Employment Advisor U☹	10-11.30am Communication Stay and Play U During holidays children under 11 can attend
1.30-3pm Communication Stay and Play U During holidays children under 11 can attend	1.45-3pm Active Stay and Play U📅 Rich Mix	9am-5pm Midwife Clinic – Community Midwife Team U☹	9am-5pm Speech and Language Therapy ☒☹	1.30-3pm Play Together U For children 18 months to 5 years. To help prepare your child for nursery/school. Help and support available to apply for a free nursery place for your 2 year old.
Collingwood	Collingwood	Collingwood	Collingwood	Collingwood
9am-5pm Immunisation Clinic U☹	9am-5pm Midwife Clinic – Community Midwife Team U☹	10.30-11.30am Creative Play with Half Moon Theatre U For ages 18 months – 5 years	10-11.30am School Partnership Stay and Play 📅☒☹ Stephen Hawkins School	9am-5pm Physiotherapist – Pelvic Health U☹
10-11.30am Under 2s Stay and Play U	10am-12noon Change for Good Walking Group U📱	1-3pm Active Stay and Play with Toyhouse U St Hilda's	10am-12noon SFSC Bengali U📅👤	9.30-11.30am ESOL Family Language U📅📱
12noon-3pm Melodies for Mums ☹📱 For babies under 12 months	10-11.30am Active Stay and Play U During holidays children under 11 can attend	9.30am-5pm 3-4 Months Health Review U☹	1.30-3pm Little Talkers ☹☒	10-11.30am Sensory Play for Babies U Including Starting Solids For babies under 12 months
1.30-3pm School Partnership Stay and Play U📅 Everyone is welcome to attend this stay and play at Canon Barnett School	1.30-3pm Communication Stay and Play U During holidays children under 11 can attend	10-11.30am Little Talkers 📅☹☒	9.30am-5pm 3-4 Months Health Review U☹	1.30-3pm Communication Stay and Play U During holidays children under 11 can attend
3-4pm My Time 1-2-1 Support ☹☹	1.30-3pm Communication Stay and Play U During holidays children under 11 can attend	12.30-2pm Baby Feeding and Wellbeing Service U Drop in for any baby feeding support	10-11am Baby Massage U📅☒ Including Starting Solids For pre-crawlers) Starting Solids U📱 Advice sessions – 23 May, 18 July	
			1.30-3pm Play Together U See details from Mowlem on Friday	
Opening times: Monday – Friday, 8.30am-5pm				
Please note there will be no admittance to sessions 30 minutes before the end.				
U Universal ☹ By appointment only 📱 Call to book 📅 Term time only ☹☹ By invite only 📱 Virtual session ☹ Targeted 📱 Crèche available				

Children and Family Centres

Children and Family Centres aim to improve outcomes for all children, young people and their families. They provide access to a range of universal and targeted services, support with any concerns and play a major part in early identification and early intervention.



What are our aims?

- To support parents in their role as first educators.
- To empower families to access a wide range of care, play and support services.
- To be a centre for joined-up services with partners.

What are our priorities?

- Health and wellbeing.
- Childcare and employment.
- Parenting confidence and capacity.
- Child development and school readiness.

Can I use my Children and Family Centre?

We prioritise families using the following order:

- Children living in the North West locality (based on your postcode).
- Children living within the borough of Tower Hamlets.
- After 30 minutes the drop in play sessions are open to all families living in the borough.

